

WHAT IS CLAIMED IS:

1. A method for formatting a phase-change optical disk, using an apparatus for formatting phase-change optical disk, which apparatus comprises (a) a drive control substrate on which a CPU for controlling an optical disk drive, a ROM for storing data, and an interface are mounted, and (b) an optical disk drive, comprising the steps of:

conducting power calibration a plurality of times to obtain a plurality of recording powers corresponding to the number of said power calibrations conducted,

calculating an average recording power from said plurality of recording powers,

multiplying said average recording power by a predetermined coefficient to obtain a recording power for formatting, and

formatting a phase-change optical disk in accordance with said recording power for formatting.

2. The method as claimed in Claim 1, wherein said average recording power is calculated, with at least one of a maximum recording power or a minimum recording power being eliminated from said plurality of recording powers.

3. The method as claimed in Claim 1, wherein said predetermined coefficient is 1 or less.

4. The method as claimed in Claim 2, wherein said predetermined coefficient is 1 or less.

5. The method as claimed in Claim 1, further comprising a step of recording file structure data and UDF data in an identical address at least two times.

6. The method as claimed in Claim 5, wherein said average recording power is calculated, with at least one of a maximum recording power or a minimum recording power being eliminated from said plurality of recording powers.

7. The method as claimed in Claim 5, wherein said predetermined coefficient is 1 or less.

8. A phase-change optical disk formatting by a method, using an apparatus for formatting phase-change optical disk, which apparatus comprises (a) a drive control substrate on which a CPU for controlling an

optical disk drive, a ROM for storing data, and an interface are mounted, and (b) an optical disk drive, comprising the steps of:

conducting power calibration a plurality of times to obtain a plurality of recording powers corresponding to the number of said power calibrations conducted,

calculating an average recording power from said plurality of recording powers,

multiplying said average recording power by a predetermined coefficient to obtain a recording power for formatting, and

formatting said optical disk in accordance with said recording power for formatting.